



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Volk, Tino

Total time: 2:34:42

Club: Triathlon Friedrichroda
Number: 355

Course: 38.60 km
XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Total: 19 (of 82)
Rank in course/Men: 19 (of 78)
Best time in course: 2:05:51

Category:
Senioren 2, TM 45

Rank in category: 2(of 9)
Best time in the category: 2:34:03

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.60	11:29	19:08	6	4:21	26	6:46	0.60	11:29	19:08	9	0:20	78	1:30
Schwimmen Total	0.60	11:29												
Rad	28.00	1:38:28	3:30	1	-	20	47:37	28.60	1:49:57	3:50	1	-	77	
Rad Total	28.00	1:38:28												
Lauf	10.00	44:45	4:28	2	1:32	15	32:02	38.60	2:34:42	4:00	2	0:39	20	1:11:27
Lauf Total	38.00	2:34:42												